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SELECTION AND CARE OF GOOD GRAPEFRUIT

When selecting grapefruit for the table, pick out those with thin skins and balance them individually in your hand. You will find that the fruit which is heavy for its size usually has the most juice, _____ (home-management specialist) _____ (title) says.

For making marmalade or candied peel, of course the heavy fruit with as thick skin as obtainable is most desired, because the peel contains much of the pectin.

Grapefruit of good quality is well shaped, firm but springy to the touch - not soft, wilted, or flabby. "Russeting" does not injure the flavor.

Generally speaking, most of the defects found on grapefruit in the markets, such as scale, scars, thorn scratches, and discolorations, are minor in nature; they affect appearance only and not eating quality. Odd-shaped fruit is judged chiefly by weight. Those with pointed stem ends are troublesome to serve in halves.

Soft spots are usually evidence of decay. A small spot of decay will affect the flavor throughout the sections, making the taste somewhat flat and bitter.

Like all fresh fruits, grapefruit should be kept in a cool, well-ventilated place until used, preferably at a temperature between 60° and 40° F. If bought by the crate, basket, or bag, it is well to spread the fruit out on a table or shelf in the storeroom so that no two pieces touch. Then if one develops decay or mold it will not infect others next to it. The fruit should

be inspected frequently.

Half a grapefruit, cut on its "equator", is the usual portion served for breakfast or for a dinner appetizer. The "rag" and seeds at the center are always removed and most people like to have the pulp cut away from the rind. Sugar or honey may be used to sweeten underripe grapefruit, but no sweetening is necessary for mild, fully mature fruit. A few grains of salt bring out sweetness. When grapefruit halves are served as appetizers or desserts, the center is usually decorated with something bright - a maraschino cherry, a few grapes, or a strawberry. If there is time to remove the grapefruit sections entirely from the inner and outer skin and serve them in a dish or sherbet cup, they will be easier to eat, particularly for the children.

The fact that there is a record crop of about two billion grapefruit this year means that the price of this delicious and valuable fruit will be within reach of many who have heretofore felt grapefruit to be somewhat of a luxury.

Most of the American-grown grapefruit comes from Florida, Texas, California, and Arizona. One of the important varieties is Marsh, which is practically seedless. Pink-fleshed grapefruit, grown largely in Texas, is also popular for its mild, sweet flavor.

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